

FORTY-FOUR WAYS TO WIN THE WAR



MARSHALL FIELD
& COMPANY



*Even if food MUST win the war, women must prepare the food, and for purposes of conservation nothing more practical has been designed than this costume of blue chambray, collared, cuffed and capped with white pique. Apron, \$2.95. Cap, 50 cents.
Sixth Floor—Apron Section.*

ACKNOWLEDGMENT IS GIVEN TO
CONSERVATION COOK BOOK
 BY KATHARINE ROMIG McMURRAY

THE CORN COOK BOOK
 BY ELIZABETH O. HILLER

LOYALTY CHRISTMAS CANDY
 ENDORSED BY THE WOMAN'S CONSERVATION COMMITTEE
 ILLINOIS STATE COUNCIL

On sale in the Book Section, Third Floor

We are also indebted to pamphlets issued by the University of Wisconsin and the University of Illinois, and to circulars of the United States Department of Agriculture.

FORTY-FOUR WAYS TO WIN THE WAR

Wars are not won by battles alone. The big drives of the Allies are not achieved by momentary inspiration, but by weeks of careful, calculating preparation *behind the lines*. Just so, every ounce of meat or wheat or sweet that we save in our kitchens is careful, calculating conservation of the war's most vital and important necessity—FOOD.



In this little book we have compiled forty-four wartime recipes that commend themselves to popular favor by reason of their nutritive and palatable qualities.



HAVE ONE WHEATLESS MEAL EACH DAY



Our normal export of 88,000,000 bushels of wheat must be increased to 220,000,000 bushels. It can be done in only one way: Economizing and substituting

BREADS THAT AID IN CONSERVING WHEAT

"Old Glory Bread"

- | | |
|---|---|
| 1 cup rye flour | 3 cups whole wheat flour |
| 8 cups white flour | 4 cups water |
| 1 teaspoonful salt | 1 yeast cake or more, according to the length of time allowed for rising. |
| 3 tablespoonfuls shortening (may be omitted). | |

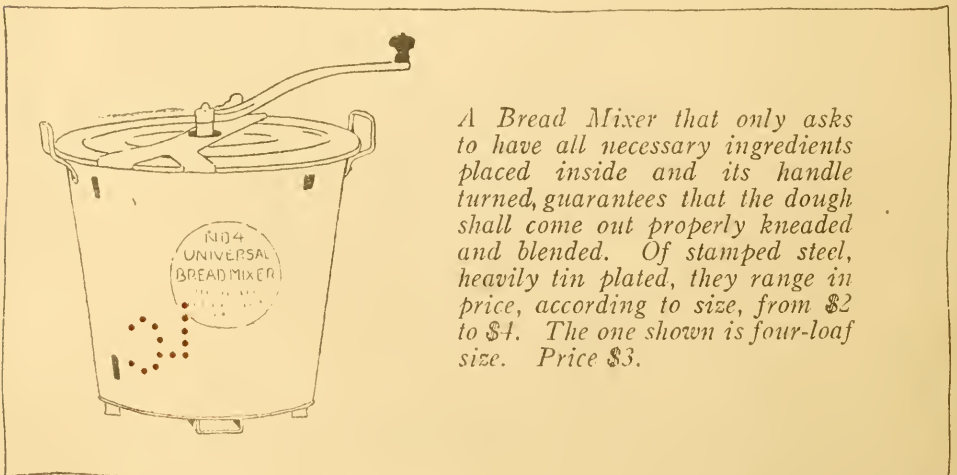
Add salt and shortening to boiling water. Cool to lukewarm. Add yeast cake, dissolved in a little of the cool water. Add flours, sifted together, and knead until smooth and soft. Let rise in warm room until double its size. Knead and divide into loaves. Let rise as before and bake one hour. This recipe makes four medium sized loaves.

Rolled Oat Bread

Scald one cup rolled oats in one cup boiling water and allow to stand one hour. Make a sponge of

- | | |
|-------------------------|---------------------------|
| 1 cup water | 2 tablespoonfuls molasses |
| 1 cake compressed yeast | 2 teaspoonfuls shortening |
| 1 teaspoonful salt | $\frac{3}{4}$ cup flour |

Add rolled-oat mixture to sponge, and then flour to make medium soft dough. Form into loaf and let rise to double its bulk and bake.





MIX OTHER GRAINS WITH WHEAT IN BREAD



We have plenty of corn to send our Allies, but except in Italy there are few corn mills, and corn meal is not durable enough to ship in large quantities

BREADS THAT AID IN CONSERVING WHEAT

Rye Bread

Use any method for white bread, but be careful to use two cups of rye flour for each cup of wheat flour mentioned in the recipe. Rye bread should be softer than white bread, but well kneaded. When light, form into loaves and allow to rise to double their size. Brush over with water and egg and bake in a slower oven than for white bread. Many people like the flavor of caraway seeds in rye bread. These may be put into the sponge.

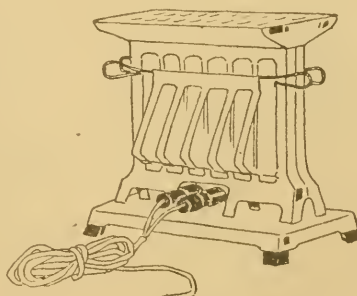
Barley Bread

2 cups whole wheat flour
4 cups barley meal or barley
flour
1 cup water
1 cup milk

2 tablespoons molasses
 $\frac{1}{2}$ yeast cake (compressed)
1 teaspoon salt

Boil milk and water, and cool. Add molasses, salt and yeast mixed with a little cold water. Stir in flour and barley meal (or barley flour) which have been sifted together. Knead to a soft dough, adding more flour if necessary. Cover and let rise until the mixture is double its bulk. Knead a second time, form into loaves, place in well greased pans and let rise a second time until the dough has doubled its bulk. Bake in a hot oven from one-half to one hour, the time depending on the size of the loaves.

To start the day aright toast is an important factor. If cold and moist one's spirits descend. If hot and crisp one's spirits buoyantly arise. To assure freshness the Electric Toaster is essential. The one shown is improved with a rack for keeping the toast hot. Price \$6.





SAVE FOODS LEFT FROM TABLE SERVICE



If we will substitute one pound of other cereal flour for one pound of wheat flour weekly per person, the bread problem of the Allies will be met

BREADS THAT AID IN CONSERVING WHEAT

Steamed Brown Bread

- | | |
|----------------------------|-------------------------------|
| 1 cup corn meal | 2 cups sour milk |
| 1 cup barley flour | 1 teaspoon soda |
| 1 cup rye flour | 2 teaspoons baking powder |
| $\frac{3}{4}$ cup molasses | $\frac{1}{4}$ teaspoon ginger |
| | $\frac{1}{4}$ teaspoon salt |

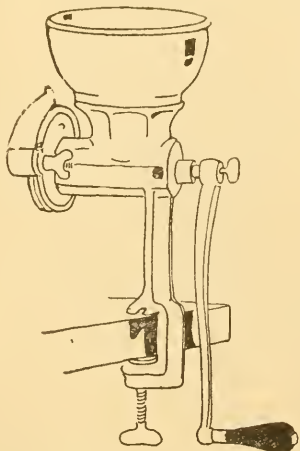
Sift corn meal, barley flour and rye flour, baking powder, salt and ginger. Dissolve soda in a little cold water; add the sour milk. Combine the liquid with the dry ingredients, beat well, and steam in well greased brown bread tin or baking powder cans from five to six hours, depending upon the size of the tin.

Spoon Corn Bread (without Wheat)

- | | |
|-----------------------|---------------------|
| 2 cups water | 1 tablespoon butter |
| 1 cup milk | 2 teaspoons salt |
| 1 cup white corn meal | 2 eggs |

Mix the water and the corn meal and bring slowly to the boiling point and cook five minutes. Add the eggs, well beaten, and the other ingredients. Beat thoroughly and bake in a well greased pan for twenty-five minutes in a hot oven. Serve from the same dish with a spoon.

This serves six people.



Whole wheat, graham flour and corn meal may be as impartially ground as bread crumbs and peanuts in the Cereal Grinder that may be had with high hopper or low, as one's needs demand. Those with high hopper sell for \$5; those with low hopper, \$4.75.



ONE MEATLESS AND TWO FISH DAYS A WEEK



Our Allies depend on America for food as they have never depended before, and they ask for it with a right which they have never had before

BREADS THAT AID IN CONSERVING WHEAT

Crackling Bread (without Wheat)

1 quart corn meal
1 pint cracklings

3 teaspoons salt
Boiling water

Mix the corn meal and salt; pour over this mixture enough boiling water to moisten, but not enough to make a mush. When the meal has cooled, work the cracklings into it with the fingers. Form the dough into cakes about four inches long, two inches wide, and one inch thick. Bake for thirty minutes. This bread, because of its large percentage of fat, is eaten without butter, and should be served very hot.

Apple Corn Bread (without Wheat)

2 cups white corn meal
2 tablespoons sugar
 $\frac{3}{4}$ teaspoon salt
1 teaspoon soda

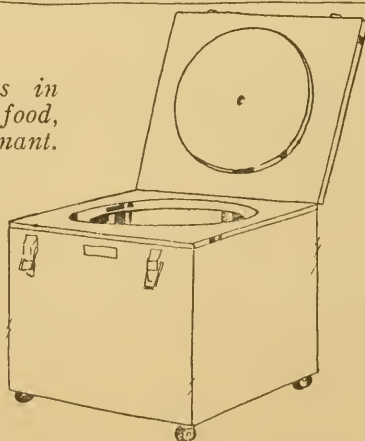
1 teaspoon cream of tartar
 $1\frac{2}{3}$ cups milk
3 tart apples, pared and sliced

Mix the dry ingredients, add the milk, and beat thoroughly. Add the apples. Pour into a well buttered shallow pan and bake thirty minutes or longer in hot oven to soften the apples.

This could be made with dried apricots, cooked in the usual manner by soaking and cooking slowly, and adding a little sugar. The juice may be used as sauce.

This serves six or eight people.

To the housekeeper who believes in conservation of time as well as of food, the Fireless Cooker is first lieutenant. It bakes, roasts or boils with equally satisfactory results. There is a wide range of sizes priced from \$12.50 to \$33. The one shown is priced at \$12.50.





DO NOT WASTE FATS NOT EATEN WITH MEAT



The food animals of the Allies have decreased by 33,000,000 head since the war began; thus the source of their meat production is decreasing

BREADS THAT AID IN CONSERVING WHEAT

Sour-Milk Corn Bread (without Wheat)

2 cups corn meal	1½ teaspoons salt
2 cups sour milk	2 eggs
2 tablespoons butter	1 teaspoon soda
2 tablespoons sugar, white or brown	1 tablespoon cold water

The meal, milk, salt, butter and sugar are cooked in a double boiler for about ten minutes. When the mixture is cool the eggs are added, well beaten, and the soda dissolved in the water. The bread should be baked in a shallow iron or granite pan for about thirty minutes.

Oat Meal and Corn Meal Bread

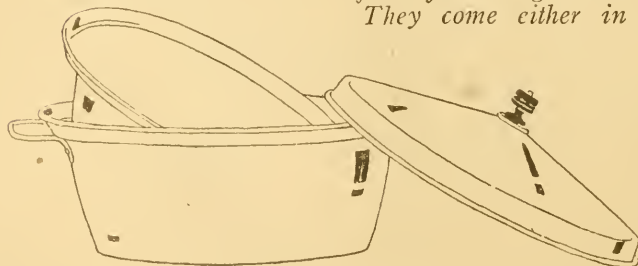
1½ cups rolled oats	3¾ cups flour
1¼ cups corn meal	2 cups boiling water
½ cup brown sugar	2 teaspoons salt
1 yeast cake	

Dissolve the yeast cake in the lukewarm water. Pour the boiling water over the rolled oats, salt and sugar, and let stand until lukewarm; add the dissolved yeast, corn meal and flour. Let rise until light. Beat well, let rise again, and put into pans. Bake when light.

This combination of oat meal, corn meal and wheat makes a palatable and economical variation.

For general utility and good results commend to her who is looking for the best in cookery, the Steamer. No longer the clumsy affairs of yesteryear, they are simple to use, beget no fear of burning and are easily cleaned.

They come either in enamel-ware or aluminum, priced from \$1.85 up. The one pictured is of aluminum. Price \$3.65.





USE MORE VEGETABLES AND LESS MEAT



With the decrease of the meat production, the needs of the soldiers of the Allied nations have increased the meat consumption

SMALL BREADS IN WHICH WHEAT HAS NO ROLE

Corn Cake

- | | |
|-----------------------------|-----------------------------|
| $\frac{3}{4}$ cup corn meal | $\frac{1}{2}$ teaspoon salt |
| $1\frac{1}{4}$ cups flour | 1 cup milk |
| $\frac{1}{4}$ cup sugar | 1 egg |
| 4 teaspoons baking powder | 1 or 2 tablespoons fat |

In using one cup sour milk instead of the sweet milk, use one-half teaspoon soda and two teaspoons baking powder.

Mix and sift dry ingredients. The sugar may be omitted if desired. Add milk and egg, well beaten. Add melted butter and bake in a shallow pan in a hot oven twenty minutes.

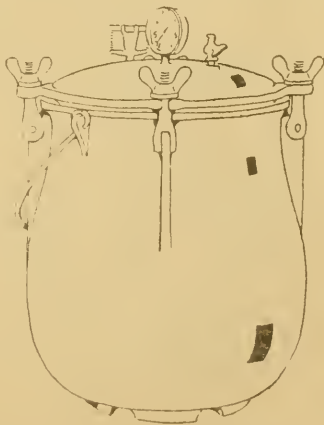
Corn Meal Puffs (without Wheat)

- | | |
|-----------------------------|-----------------------------|
| 1 pint milk | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{3}$ cup corn meal | 4 eggs |
| 4 tablespoons sugar | Grated nutmeg (if desired) |

Cook the milk and meal together fifteen minutes with the salt and sugar. When cool add the eggs, well beaten. Bake in cups. Serve with stewed fruit or jam.

This serves six people.

Now that all model housewives are realizing that our grandmothers' ideas were best, and that steamed vegetables and meats are in every way preferable to boiled, the Steam Pressure Cooker has become a kitchen necessity. Of cast aluminum in three sizes, they are priced, 10-quart size, \$18; 17-quart size, \$24; 25-quart size, \$30.





USE LESS FRIED FOODS AND SAVE FATS



Fats have become very scarce. The importation of oils from Africa, South America and Asia has almost entirely ceased

SMALL BREADS IN WHICH WHEAT HAS NO ROLE

Fruit Gems

- | | |
|-----------------------------|-----------------------------|
| ½ cup corn meal | 1 cup milk |
| 1 cup wheat flour | 1 cup currants or raisins |
| 3 teaspoons baking powder | 2 eggs |
| 6 tablespoons sugar | 1 tablespoon flour reserved |
| 2 tablespoons melted butter | for flouring currants or |
| 1 teaspoon salt | raisins |

Mix and sift the dry ingredients; add the milk gradually, the eggs well beaten, melted butter and raisins, which have been floured. Bake in a hot oven in buttered gem pans twenty-five minutes.

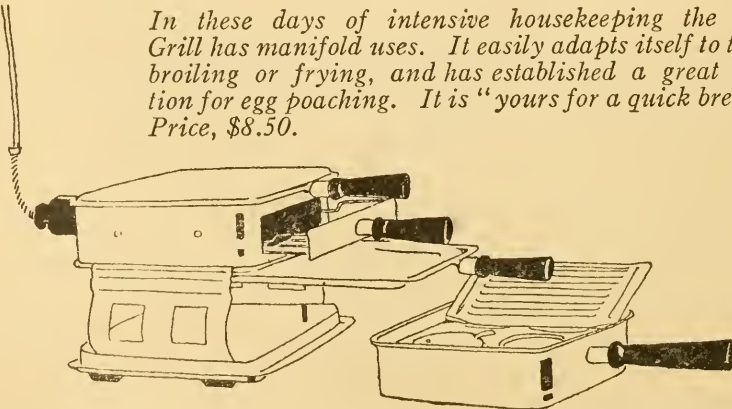
This makes twelve cakes.

Hominy Muffins

- | | |
|----------------------|---------------------------|
| 4 tablespoons butter | 1 egg |
| 4 tablespoons sugar | 1 cup milk |
| 1½ cups flour | 3 teaspoons baking powder |
| 1 cup hominy | ½ teaspoon salt |

Cream butter and sugar, add beaten egg and salt. Add alternately flour, sifted with baking powder, and milk, then hominy, ground with coarse knife of meat grinder. Bake in buttered iron muffin pans for thirty-five minutes.

In these days of intensive housekeeping the Electric Grill has manifold uses. It easily adapts itself to toasting, broiling or frying, and has established a great reputation for egg poaching. It is "yours for a quick breakfast." Price, \$8.50.





USE LESS BUTTER: SPREAD IT THINNER



Meat exports to our Allies have already increased three times what they were before the war. The needs of the Allies will steadily increase

SMALL BREADS IN WHICH WHEAT HAS NO ROLE

Waffles

- | | |
|--------------------------|-----------------------------|
| 1 cup milk | $\frac{1}{4}$ teaspoon salt |
| 2 eggs | 2 cups barley flour |
| 3 tablespoons melted fat | 3 teaspoons baking powder |

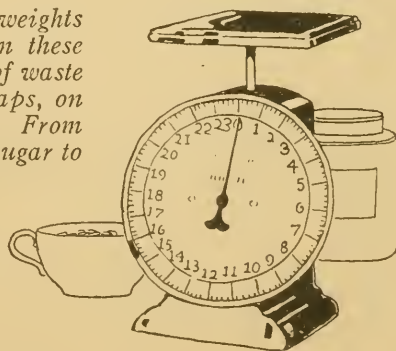
Sift dry ingredients together and add slowly the milk, beaten egg yolk and melted fat. Fold in stiffly beaten whites. Beat thoroughly for a minute and cook in hot, well greased waffle irons.

Corn Meal and Rice Waffles

- | | |
|-----------------------------|----------------------------|
| $\frac{1}{2}$ cup corn meal | $\frac{1}{2}$ cup flour |
| $\frac{1}{2}$ teaspoon soda | 1 tablespoon melted butter |
| 1 cup boiled rice | 2 eggs, well beaten |
| 1 teaspoon salt | 1 cup sour milk |

Sift together the flour, soda and salt; add the other ingredients and beat thoroughly; have irons hot and well greased.

Never have we so much needed weights and measures in the kitchen as in these thrifty war days, when an ounce of waste equals a pound of sacrifice, perhaps, on the part of some soldier-man. From weighing the family allowance of sugar to the family baby a Set of Scales finds many ways to commend itself. One shown is priced at \$1.65. Others to \$7.25.





EAT PLENTY, BUT SPARE SHORT FOODS



*Our soldiers are side by side with our
Allies, three thousand miles away from
food supply. Shall we save for them?*

SMALL BREADS IN WHICH WHEAT HAS NO ROLE

Corn Muffins with Dates

1 cup white corn meal
2 tablespoons brown sugar
1 teaspoon salt
1 $\frac{1}{4}$ cups milk

1 cup wheat flour
4 teaspoons baking powder
1 egg
 $\frac{1}{2}$ cup dates, cut into small
pieces

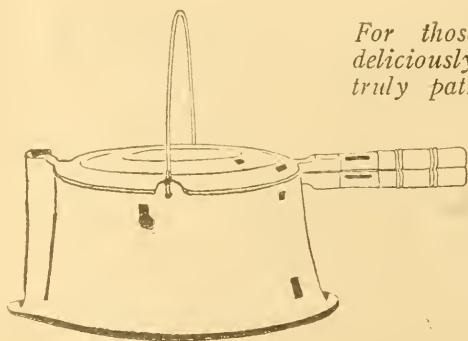
Cook together the first five ingredients for ten minutes in a double boiler. When cool, add the eggs, the dates and the flour, sifted with the baking powder. Beat thoroughly and bake in muffin pans in a quick oven, or bake in a loaf. The bread will keep in good condition longer if the dates are cooked with the corn meal and other ingredients in the double boiler.

Corn Meal Griddle Cakes

2 cups flour
 $\frac{1}{2}$ cup corn meal
4 $\frac{1}{2}$ teaspoons baking
powder
1 $\frac{1}{2}$ teaspoons salt

2 tablespoons sugar
1 $\frac{1}{2}$ cups boiling water
1 $\frac{1}{4}$ cups milk
1 egg
2 tablespoons melted fat

Add meal to boiling water, and boil at least five minutes, stirring constantly. Turn into a bowl, add milk and flour sifted with dry ingredients. Add egg, either beaten or unbeaten. Fry on a hot iron griddle, slightly greased.



*For those Sunday morning waffles,
deliciously crisp and golden, made from
truly patriotic barley flour, a set of
Waffle Irons is essential.
With low or high base, of
iron, or aluminum with
iron base, they are priced
from 85c to \$3.75. The one
illustrated is all iron. Price
\$1.35.*



SERVE SMALLER PORTIONS OF BUTTER



The decreasing herds and lack of fodder mean a steady falling off in dairy products of our Allies. They ask for larger exports from us

SMALL BREADS IN WHICH WHEAT HAS NO ROLE

Baking Powder Biscuits

2 cups barley flour $\frac{1}{2}$ teaspoon salt
2 tablespoons fat $\frac{1}{4}$ teaspoons baking powder
 $\frac{2}{3}$ cup milk

Sift the dry ingredients together, rub in the fat, and add the liquid until a soft dough is formed. Roll to about three-fourths of an inch thick, cut with a cookie cutter and bake in hot oven.

Popovers

$1\frac{1}{3}$ cups barley flour $\frac{1}{4}$ teaspoon salt
1 cup milk 2 eggs
1 tablespoon melted fat

Beat eggs, add the milk, salt, flour and melted fat. Beat thoroughly to form a smooth batter. Bake in popover cups in a hot oven, from thirty to forty minutes.

No matter how spoiled we may be with modern "steam heat and hot water all year 'round," the cheery Tea-kettle that has endured from hobs to electric cooking stoves has its own indisputable niche. Of enamel-ware and aluminum, priced from 80c to \$5.75. One shown is of aluminum, five-quart size, priced at \$4.60.





PUT ONE LUMP OF SUGAR IN COFFEE



Our Allies must now draw 2,000,000 pounds more of sugar than they did before the war from the same sources from which we draw our supplies

TO WHET THE APPETITE FOR WAR-TIME FOOD ORIENTAL LUNCHEON

TOMATO SOUP WITH GRATED CHEESE
KITCHREE WITH CURRY
CUCUMBER SALAD
ORANGE JELLY SERVED IN ORANGE RIND
TEA

With the curry and kitchree may be served shredded cocoanut, chopped nuts, chopped seedless raisins and mango chutney, each on a side dish, as supplied by a conventional curry set. An excellent recipe for kitchree, given to us by a native of India, is the following: Soak one-fourth cup split peas over night; boil one hour, and strain. Wash one cup of rice, and fry in two tablespoons of butter for five minutes, add peas, three peppercorns, two cloves, one stick cinnamon, one onion. Salt to taste. Cook slowly in water that comes about one and a half inches above mixture and until grains of rice are soft.

Curry to be Served with Kitchree

$\frac{1}{2}$ cauliflower	1 lemon
1 large potato, diced	3 large onions
$\frac{1}{2}$ cup cooked peas	1 tablespoon curry powder
$\frac{1}{2}$ cup of lima beans (cooked)	2 tablespoons of dripping

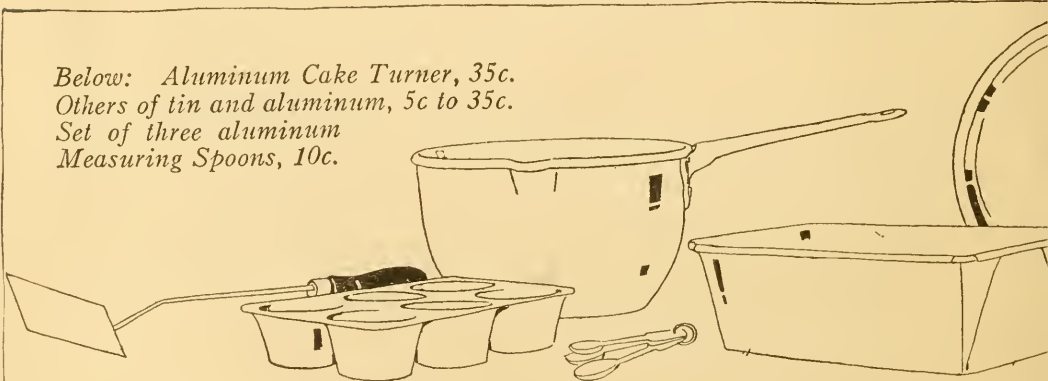
Slice and fry onions until brown; add curry powder; fry, then add two cups of water and cauliflower and potato. When cooked, add peas and lima beans and lemon juice. If too thin, thicken with a little flour.

Below: Aluminum Cake Turner, 35c.

Others of tin and aluminum, 5c to 35c.

Set of three aluminum

Measuring Spoons, 10c.



*Above: Aluminum Sauce Pan, 3-quart size, \$1.25.
Tin Gem Pan, 50c. Others, tin, aluminum, iron, 35c to \$1.*

*Above: Iron Griddle,
iron, 50c to \$3.50. Tin B.*



DO WITHOUT SUGAR ON YOUR CEREAL



The usual American consumption of sugar per person is just double that of France. We must divide with them. We can do it by economizing

TO WHET THE APPETITE FOR WAR-TIME FOOD DINNER

CONSOMME

ARROZ CON POLLOS

GRAHAM BREAD AND BUTTER

ROMAINE WITH FRENCH DRESSING

FLOATING ISLAND

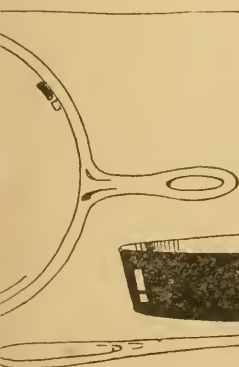
CAKE

COFFEE

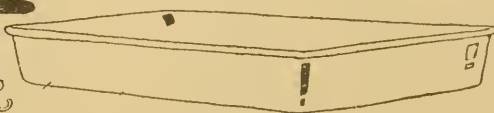
The recipe for arroz con pollos is as follows:

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|-------------------------------------|----------------------------------|
| 1 young chicken (about four pounds) | 1 cupful rice |
| 1 cupful cooked peas | 1 small can pimientoes |
| 6 olives | 2 green peppers |
| 1 small onion | 2 cloves of garlic |
| 1 tablespoonful lard | 2 teaspoonfuls salt |
| 1 tablespoonful butter | $\frac{1}{8}$ teaspoonful pepper |
| | 2 cupfuls boiling water |

Prepare chicken as for frying. Melt the fat in a heavy kettle, or a casserole which can be used on top of the stove. When it is hot put in the chicken, salt and pepper, and stir often till the chicken is brown. This will take about fifteen to twenty minutes. Then add the garlic and onion, which should be chopped together, and the green peppers, which should be sliced. When these are cooked add the rice and water, stir well, and when the rice is nearly done add the peas and chopped olives. The pimientoes should be cut into strips and laid on top just before serving.



Below: Iron Frying Pan, 55c. Others of sheet steel and aluminum, 12c to \$2.15. Aluminum Cake Pan, 60c. Others of tin and aluminum, 8c to \$1.15.



ers, aluminum and 18c. Others, 15c to 65c.

Above: Tin Croquette Molds, 15c. Wooden Mixing Spoon, 25c. Others, wood and enamel, 10c to 30c.



LOCAL FOODS AVOID TRANSPORTATION



Last year we exported three times as much butter and ten times as much condensed milk as we did before the war. But we must send more

DISHES IN WHICH MEAT PLAYS A PART

Chicken and Corn Meal Croquettes

1 cup white corn meal mush	1 egg
1 cup chopped chicken	Salt and pepper
Few drops onion juice	

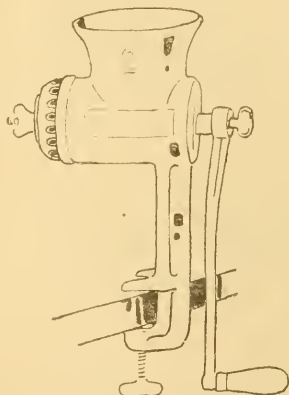
Combine the ingredients, and drop by spoonfuls into hot fat. White corn meal may be combined very satisfactorily with other kinds of cold meat to make croquettes. In general, corn meal croquettes need not be egged and crumbed like ordinary croquettes, for the hardening of the corn meal on the surface of the mixture forms the necessary crust.

This serves three people.

Hominy Croquettes

2 cups hominy	$\frac{1}{2}$ cup thick white sauce
$\frac{1}{3}$ cup grated cheese	$\frac{1}{2}$ teaspoon salt
Pepper, paprika	

Mix hominy, which has been put through a meat grinder, with white sauce, cheese and seasoning to such a consistency that it can be moulded or shaped. Chill, shape into croquettes, roll in fine bread or cracker crumbs, then in egg, then crumbs again, and fry in deep fat till brown.



Many delightful recipes would be born to blush unseen were it not for the efficiency of the Meat Grinder. Croquettes, sandwich fillings, nuts and bread crumbs are only a few of the results of its conscientious efforts. Grinders range in price from \$1.50 to \$3. The one illustrated is medium-sized, priced at \$2.25.



USE SYRUP ON CAKES INSTEAD OF SUGAR



England's sugar supply that was drawn from what are now enemy countries has been cut off. She depends on us to divide with her

DISHES IN WHICH MEAT PLAYS A PART

White Sauce for Croquette Mixtures

4 tablespoons flour
¼ teaspoon salt

2 tablespoons butter
1 cup milk
Pepper

Melt butter, add flour and salt; cook together, then add hot milk slowly. Cook till thick, cool, and use for binding croquettes.

Corn Meal Fish Balls

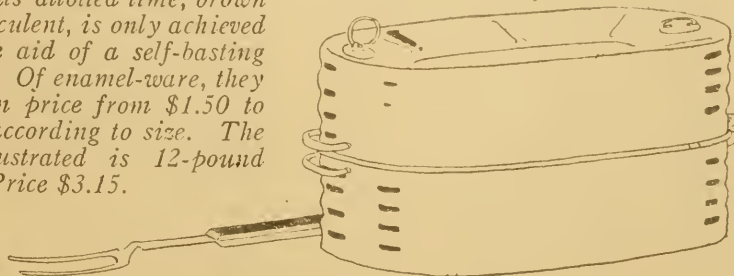
2 cups cold white corn meal
mush
1 cup shredded codfish

1 egg
1 tablespoon butter

Pick over the codfish and soak it to remove salt, if necessary. Combine the ingredients and drop by spoonfuls into hot fat. Drain on porous paper. These codfish balls compare very favorably in taste with those made with potato, and are prepared more easily and quickly. The mush must be as dry as possible.

This makes twelve fish balls.

Placing a fowl or roast in the oven and taking it out at the end of its allotted time, brown and succulent, is only achieved with the aid of a self-basting Roaster. Of enamel-ware, they range in price from \$1.50 to \$5.75, according to size. The one illustrated is 12-pound size. Price \$3.15.





DO NOT FROST CAKES: IT USES SUGAR



Before the war France, Italy and Belgium produced as much sugar as they needed. Now France and Italy produce less and Belgium none at all

DISHES IN WHICH MEAT PLAYS A PART

Casserole of Meat and Hominy

Drain one cup hominy, chop and put it into a buttered casserole in layers, alternating with one-half cup of meat, cut in cubes. Chicken, veal or beef may be used. Add seasonings, salt, pepper, chopped parsley and onion salt. Add one cup meat stock or hominy liquid. Cover with buttered bread crumbs, and cook, covered, one hour. One-third of a cup of bread crumbs in one tablespoon melted butter is required.

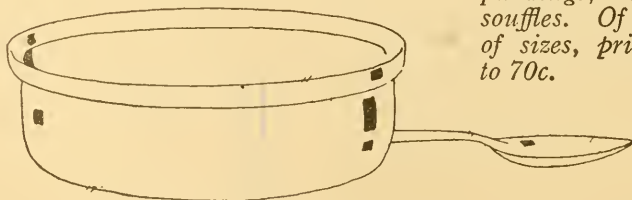
Hominy and Oysters

1½ cups chopped hominy
1 tablespoon butter
¼ cup bread crumbs
Pepper

2 dozen or more oysters and
liquor
½ cup milk
½ teaspoon salt

Butter a baking dish and put in a layer of hominy, then a layer of oysters, adding seasoning to each. Alternate until all materials are used. Pour milk and oyster liquor over oysters, and put buttered bread crumbs on top. Bake in oven till browned on top or for about thirty to forty-five minutes, depending on the shape of the dish.

Evolution has never been able to work an improvement, except in form perhaps, on the earthen-ware vessel of the "cave man," when it comes to baking needs. The hard baked Mother Earth retains the heat steadily and is unequalled for baking puddings, macaroni or souffles. Of a wide range of sizes, priced from 20c to 70c.





EAT PERISHABLE FOODS: AVOID SPOILING



England, France, Italy and Belgium import in peace time forty per cent of their food-stuffs. Now they must import sixty per cent

DISHES IN WHICH MEAT PLAYS A PART

Sausage and Hominy Rolls

2 cups chopped hominy
 $\frac{1}{2}$ teaspoon salt

1 egg, beaten
Pepper

Shape the above mixture like sausages, and roll in crumbs. Place them in a roasting or iron frying pan, alternating with six link sausages. While baking, turn once or twice in sausage fat.

Bananas, cut once crosswise, may also be cooked in the pan. This makes an easy dinner or lunch.

Corn Meal Mush with Pork

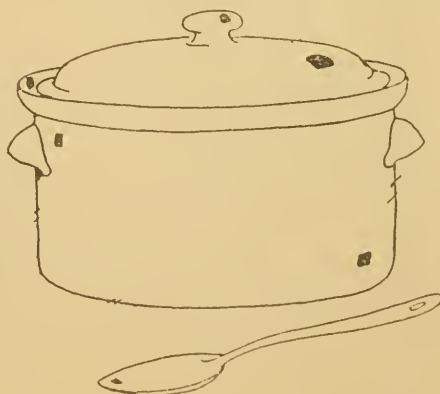
1 pound lean pork, part meat
and part bone
1 cup corn meal

1 teaspoon salt
 $\frac{1}{2}$ teaspoonful powdered sage
Water

Cook the pork in water until the meat can be removed easily from the bone. Remove the meat, cool the broth, and remove the fat. Reduce the broth to about a quart, or add water enough to bring it up to this amount, and cook the corn meal in it. Add the meat, finely chopped, and the seasonings. Pack in granite bread tins. Cut into slices and fry. Beef may be used in the same way.

This serves six people.

The Casserole has had many competitors in its day—and its day began in our great-grandmothers' time—but it long ago ceased to notice competition. Today by its aid the "poorer cuts of meat" that we are urged loyally to use, come forth rich and succulent to our table. Of earthen-ware in various sizes, they are priced from 40c to \$4.25.





SIGN THE FOOD PLEDGE CARD TODAY



The men of the Allied nations are fighting; they are not on the farms. The production of food, never sufficient for their needs, is therefore greatly reduced

DESSERTS THAT EVEN WAR PERMITS

Hominy Pudding

- | | |
|--|-----------------------------|
| 2 cups hominy, chopped fine | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup chopped dates or raisins | 1 egg, beaten |
| $\frac{1}{4}$ cup sugar | $\frac{1}{4}$ teaspoon salt |

Mix the above ingredients and put in buttered custard cups. Put in a pan containing water, and bake in a moderate oven till set like a custard, or until a knife when inserted will be clean when removed.

Steamed Barley Pudding

- | | |
|-----------------|-----------------------------|
| 1 cup molasses | $\frac{3}{4}$ cup corn meal |
| 1 cup sour milk | 1 cup barley flour |
| 1 egg | $\frac{1}{4}$ teaspoon salt |
| 1 teaspoon soda | 1 cup chopped raisins |

Beat egg, add molasses, milk and soda, dissolved in a little cold water. Sift corn meal and barley flour together and combine with first mixture. Add chopped raisins, and pour into well greased baking powder tins or pop-over cups. If the latter are used cover each cup with a well greased paper. Steam two hours.



For candy, sauces and cereals, or as an improvised chafing dish, the Double Boiler fills many needs. The "Rabbit" entrusted to it comes through its ordeal of constant beating a rich, creamy consistency, warranted not to "string." In enamel-ware and aluminum. The one pictured is of aluminum, two-quart size. Price \$2.55.



STUDY NEW DISHES FROM PLENTIFUL FOODS



If we will save one ounce of meat per person per day we can send our Allies and our own Army what they will need

DESSERTS THAT EVEN WAR PERMITS

Indian Meal Pudding

1 quart scalded milk
 $\frac{1}{3}$ cup corn meal
2 tablespoons butter
1 cup molasses

1 teaspoon salt
 $\frac{3}{4}$ teaspoon cinnamon
 $\frac{3}{4}$ teaspoon ginger
2 eggs
1 cup cold milk

Pour scalded milk slowly on corn meal while stirring constantly, and cook in a double boiler twenty minutes, then add butter and molasses. Sift together salt and spices, add to first mixture; add eggs, beaten until thick and lemon tinted. Turn into a buttered earthen pudding dish and pour cold milk over top. Bake in a slow oven one hour. Serve with hard sauce, top milk or sweetened cream. The pudding is delicious without sauce.

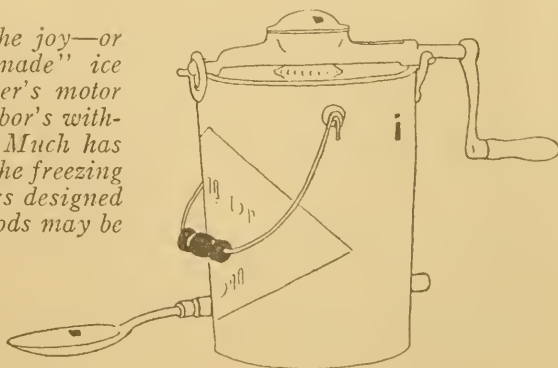
Mock Macaroon Ice Cream

1 quart medium thick cream
1 tablespoon vanilla
1 cup browned bread crumbs

$\frac{3}{4}$ cup sugar
1 teaspoon almond flavoring

Mix cream, sugar and flavorings. Chill and freeze; when it reaches a thick, mushy consistency open freezer and stir in the bread crumbs. Continue freezing to insure thorough mixing. Remove "dasher" and pack.

Whoever has once tasted the joy—or the chocolate—of "home-made" ice cream sees the confectioner's motor stop at the next door neighbor's without a glance of interest. Much has been done toward making the freezing process simple, and Freezers designed on the most improved methods may be had from \$2.15 to \$10.





DO NOT LIMIT PLAIN FOODS OF CHILDREN



*Daily service in substitution can be done by all;
the saving in waste by the majority, and the
lessening of food consumed by the many*

DESSERTS THAT EVEN WAR PERMITS

Queen of Puddings

- | | |
|--|---------------------------------|
| 2 cups stale, but not dried,
bread crumbs | 2 tablespoons butter |
| 1 quart hot milk | 1 teaspoon vanilla |
| 1 cup sugar | 4 tablespoons powdered
sugar |
| 4 egg yolks | 4 egg whites |

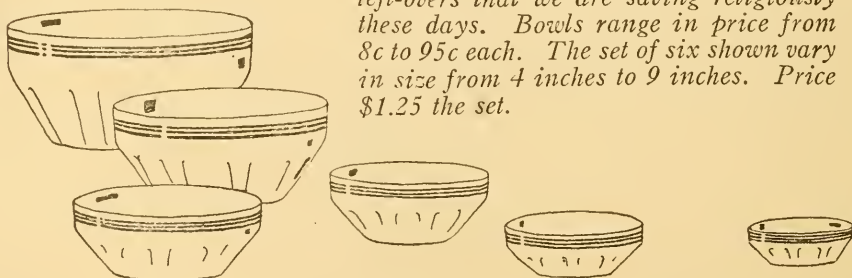
Soak bread crumbs in hot milk; add butter. Beat egg yolks and sugar together, add vanilla and stir into crumbs and milk. Pour into a buttered dish and bake in a moderate oven forty-five minutes or until set. When the pudding is done spread a layer of jelly or jam over it and cover with meringue made of the beaten egg whites and powdered sugar. Place in a moderate oven and bake until the meringue is set and slightly browned.

Carrot Custard

- | | |
|-------------------------------|--------------------------------|
| 1 cup cooked carrots | 1 teaspoon cinnamon |
| $\frac{1}{4}$ cup brown sugar | $\frac{1}{2}$ teaspoon ginger |
| 2 tablespoons cornstarch | $\frac{1}{4}$ teaspoon vanilla |
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| 2 cups milk | $\frac{1}{4}$ teaspoon cloves |

Mix mashed carrots with other ingredients and bake in a very slow oven. It is well to place all milk and egg dishes in a pan of hot water while baking.

Fitting compactly together when not in use and spreading conveniently about when needed, a Nest of Bowls has untold uses, from mixing cake to holding the little left-overs that we are saving religiously these days. Bowls range in price from 8c to 95c each. The set of six shown vary in size from 4 inches to 9 inches. Price \$1.25 the set.





USE MOLASSES IN CAKE INSTEAD OF SUGAR



There can only be food enough if America provides it. America can only provide it by personal service, sacrifice and co-operation

THE SIMPLE CAKES OF THE DAY

War Time Drop Cakes

- | | |
|--|--|
| $\frac{1}{4}$ cup shortening (chicken fat) | $1\frac{1}{4}$ cup pastry flour |
| 1 cup sugar | $\frac{3}{4}$ cup corn flour |
| 1 egg, well beaten | $\frac{1}{4}$ teaspoon salt |
| Grated rind 1 orange | 4 teaspoons baking powder |
| $\frac{1}{4}$ cup strained orange juice | $\frac{1}{4}$ cup shredded citron or $\frac{1}{3}$ cup chopped nut meats |

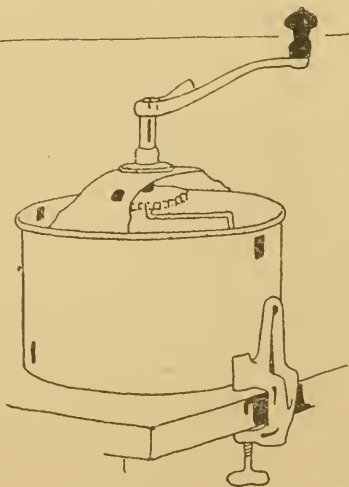
Cream shortening; add sugar gradually while stirring constantly. Add egg, beaten until thick and lemon tinted, grated rind and orange juice. Sift together flour, corn flour, salt and baking powder. Add citron or nut meats, then stir into first mixture. Mix well. Drop by teaspoonfuls one and one-half inches apart on a well greased baking sheet, and bake twelve to fifteen minutes on a hot oven.

Hermits

- | | |
|-------------------------|-----------------------------------|
| $\frac{1}{4}$ cup fat | 2 teaspoons baking powder |
| $\frac{3}{4}$ cup sugar | $\frac{1}{3}$ cup chopped raisins |
| 1 egg | $\frac{1}{4}$ cup chopped nuts |
| 2 tablespoons milk | $\frac{1}{4}$ teaspoon cinnamon |
| 2 cups barley flour | $\frac{1}{4}$ teaspoon cloves |

Combine the ingredients as for cake, add enough barley flour to make a dough stiff enough to be rolled. Roll thin, shape with small cooky cutter and bake on tin sheet.

For mixing our war-time cakes and puddings a Cake Mixer beats the batter to a velvety consistency with only a simple twist of the wrist for help. They are made from stamped steel, heavily tin plated, and priced from \$2.50 to \$3.50, according to size. The one illustrated is priced at \$2.50.





USE TACT IN SUGGESTING TABLE CHANGES



*Daily service in 20,000,000 kitchens,
multiplied by 100,000,000 individuals,
will save that total quantity necessary*

THE SIMPLE CAKES OF THE DAY

Crumb Cake

2 cups flour
1 cup brown sugar
 $\frac{1}{2}$ cup fat

$\frac{1}{2}$ teaspoon salt (if fat is
unsalted, otherwise $\frac{1}{4}$
teaspoon)

Rub these ingredients together until well mixed. Take out a cup of these crumbs; to balance add:

1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cloves
1 tablespoon cocoa
 $\frac{1}{2}$ cup of figs, dates, nuts or raisins may be added.

3 teaspoons baking powder
 $\frac{1}{2}$ cup liquid
 $\frac{1}{4}$ teaspoon vanilla

Beat hard two minutes, turn into greased and floured pan. Over the top spread the reserved crumbs, pressing gently into cake dough.

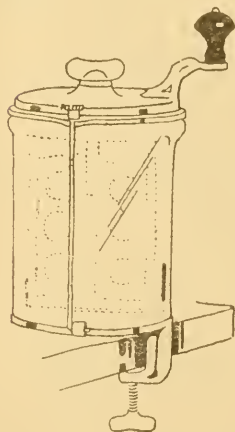
Fruit Cake

$\frac{1}{2}$ cup fat
1 cup sugar
1 cup sour milk
3 tablespoons molasses
 $\frac{1}{4}$ cup citron

$\frac{1}{2}$ teaspoon soda
 $2\frac{1}{2}$ cups barley flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon each of cloves,
cinnamon and allspice

1 cup chopped raisins

Combine as for other fruit cake.



Butter Churns have come into their own. Clamped securely to the edge of the kitchen table, enough butter for the meal, the day or the week is quickly and easily made from "left-overs" of cream. They range in size from one quart to one gallon, from \$2.50 to \$4 each.



PREACH THE "GOSPEL OF THE CLEAN PLATE"



*Patriotism and food! Winning
a world war by eating corn and
chicken instead of wheat and beef!*

CANDY WHERE HONEY AND SYRUP MEET

War Time Candy

1 small boiled potato
1 small piece butter

$\frac{1}{4}$ pound walnuts
1 pound maple sugar (shave fine)

Mash potato and butter fine. Work in sugar and potato to desired consistence. Then add nut meats, chopped fine. Shape in any desired form. May also be coated with chocolate, melted and dipped.

Peanut Butter Fudge

Two heaping tablespoonfuls peanut butter. Three tablespoonfuls hot water. One tablespoonful vinegar, six tablespoonfuls honey, butter size of a walnut, half teaspoon vanilla extract.

Mix peanut butter and hot water thoroughly before putting on stove. Then add vinegar and honey. Do not have fire too hot. Stir occasionally, keeping mixture from side of sauce pan. Try in water, as for any fudge, and when it begins to form a ball, add butter and extract. Remove from fire and beat for five minutes or more. Then pour into greased pans, and when cool cut into squares.

The individual who has endeavored to accomplish the gentle art of egg poaching and met her Waterloo three eggs out of four, will appreciate an Aluminum Poacher that holds the wary eggs securely in shallow cups while the steam from the water pan underneath poaches them to a nice white consistency. Price \$3.00.





SUBSTITUTE VEGETABLE FOR ANIMAL FATS



"Lest We Forget": Every flag that flies opposite the German flag is flying in our defense. We must help maintain

CANDY WHERE HONEY AND SYRUP MEET

Sugarless Candy

2 cups maple syrup
1 cup honey

1 tablespoon butter
White of one egg
 $\frac{1}{2}$ cup cocoanut

Mix syrup, honey and butter together and boil twenty minutes. Beat the white of egg stiff, add cocoanut, then syrup, and beat until it thickens. Put in greased pan and cut in squares.

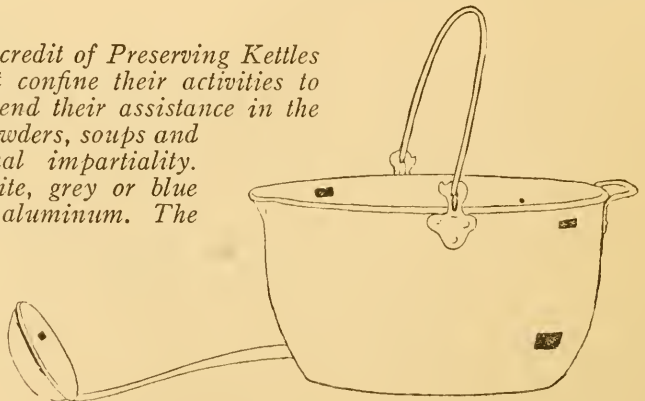
Honey Candy

1 quart strained honey
1 teaspoon corn syrup
1 tablespoon vinegar

1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon rose flavoring
1 ounce butter

Boil the ingredients together (except the flavoring and the soda) until it will form a ball when tried in cold water. Stir in the flavoring and soda and then pour into greased tins. Cut into squares when cold.

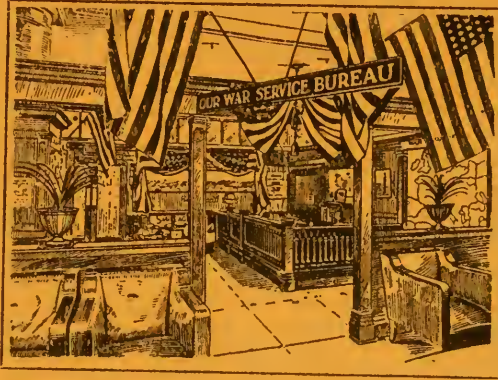
*It is said to the credit of Preserving Kettles that they do not confine their activities to preserving, but lend their assistance in the concoction of chowders, soups and mush with equal impartiality. They are of white, grey or blue enamel-ware and aluminum. The one illustrated is of aluminum, 8-quart size.
Price \$2.20.*



OUR WAR SERVICE BUREAU

For those who wait at home the War Service Bureau is a veritable "First Aid."

KEEPING in touch with the various departments of the Army, Navy, Council of National Defense and Red Cross, the War Service Bureau is able to give advice to those who wish to offer civilian service to their country.



It is also prepared to—

Direct inquirers to points of information bearing on Army and Navy service, or on the auxiliary services of the Red Cross and the Council of National Defense.

Give directions for the despatch of gifts, letters or parcels to soldiers and sailors in camp, at home or abroad.

Give information on Red Cross work and workers, and as to what women are doing in social service.

Show an up-to-date map of the European battle fronts, maps of training camps, and items and pictures of interest.

Have on hand Government propaganda pamphlets and other interesting material, such as *Italian Relief* and *Fatherless Children of France*, booklets and subscription cards.

Also *The War Service Bureau* is a permanent registration booth for the State Council of Defense registration of women for war service, and here the Food Pledge Cards of the Food Administration may be signed.

Third Floor

Waiting Room

LIBRARY OF CONGRESS



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